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WORKING FOR A HEALTHIER TENNESSEE

May 2020 Wellness Council Webinar



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In collaboration with the ParTNers for Health Wellness Program

Today's Agenda

- Fun Fact Challenge
- May Activity Planner
- Here4TN Scavenger Hunt
- Mental Health Month
- Wellness Council Spotlight
- Survey Poll Question Results/Action Items
- Health Observances
- Upcoming Schedule
- Roll Call & Sharing

April Fun Fact Challenge



Congratulations to
Shannon Geames
Safety & Homeland Security



Fun Fact Challenge Rules

- The first Wellness Council representative to get two out of the three answers correct using the **chat** feature will be crowned this month's Fun Fact Champion.
- In the event of a tie, a fourth question will be used as a tie breaker.
- You **MUST** type out the complete answer. (A, B or C is not acceptable.)

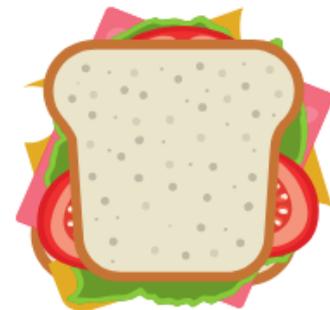
Fun Fact Challenge



Morgan McFarlane

Fun Fact Question #1:

On what date is
“International No Diet Day”?



Fun Fact Question #2:

Loneliness has the same impact on mortality as does **smoking 15 cigarettes** a day, making it more dangerous than obesity.

–True

–False

Fun Fact Question #3:

Regular physical activity has **no effect** on eye health.

–True

–False

Tie-Breaker Fun Fact Question:

In what month do we hold our
Annual Awards Celebration?





MAY ACTIVITY PLANNER

Alternative WELLNESS Solutions Week

- **Let's Celebrate Wellness!**

- *Make a Goal Monday*
- *Take a Walk Tuesday*
- *Waste Not Wednesday*
- *Think Positive Thursday*
- *Feel Good Friday*
- We'd love to see how you celebrate! Submit photos, ([with permission](#)), to us at WFHT.TN@tn.gov



Here4TN Scavenger Hunt

- New Here4TN Scavenger Hunt
- May 11th



May is Mental Health Month

- **Loneliness Epidemic**

- 2018 survey: ½ of respondents reported feeling alone, isolated or left out some of the time
- Younger generations often loneliest
- Loneliness has the same impact on mortality as **smoking 15 cigarettes a day**, making it more dangerous than obesity.



May is Mental Health Month

- **Loneliness Epidemic – Possible Causes:**

- Social media
- Work demands
- Improper sleep schedules
- Lack of quality time with friends/family
- Lack of “me time”



May is Mental Health Month

- **Loneliness Epidemic – Possible Effects:**
 - Heart disease
 - Stroke
 - Immune system issues
 - Depression

May is Mental Health Month

- **Loneliness Epidemic**
 - Loneliness is *subjective*
 - WFHTN addresses loneliness *behind-the-scenes*
 - Departments are staying connected
 - Questions? Contact your Regional Wellness Coordinator



WELLNESS COUNCIL SPOTLIGHT

All-Dept Physical Activity Challenge Winner!

- Congratulations to the **Department of Agriculture!**

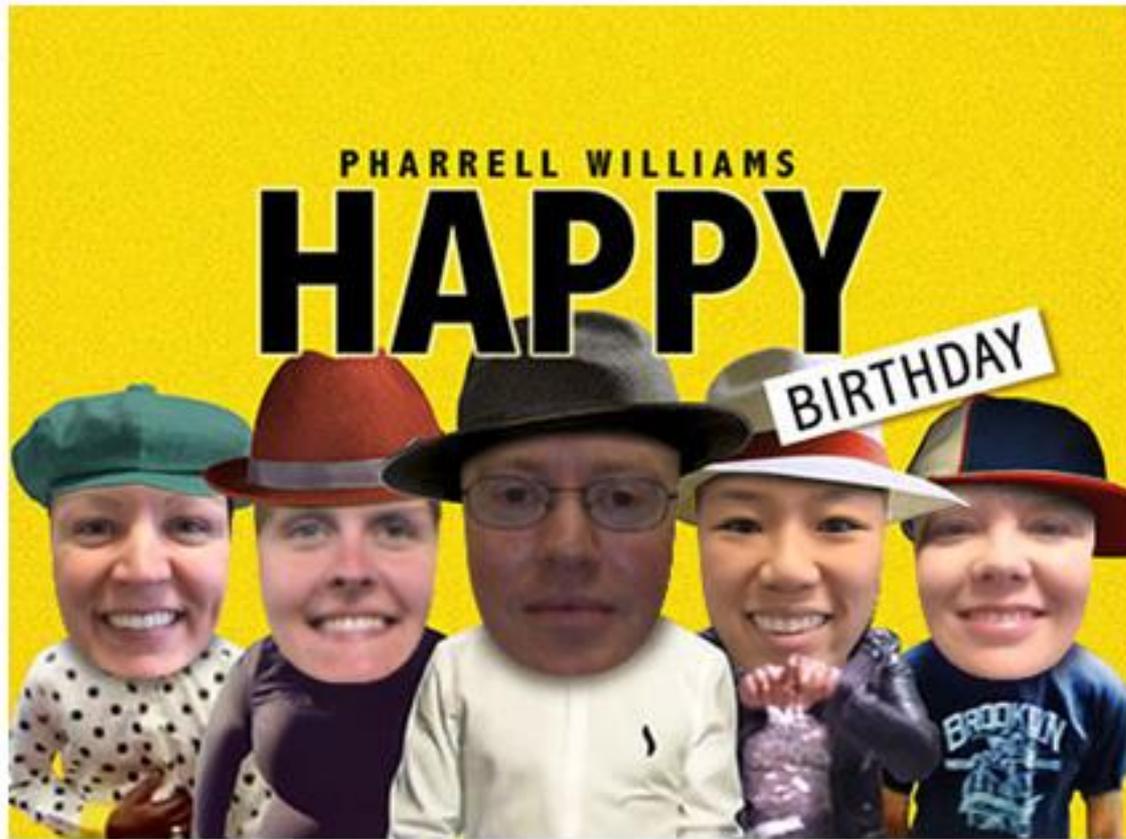


F&A: Coffee & Yoga Breaks

- Several divisions within F&A are hosting virtual opportunities to keep employees connected informally!



F&A: Virtual Birthday Wishes!



DGS: Sharing Tips



Christi Branscom @TennDGSComm · Apr 14

In our April newsletter, we shared several tips with @TennDGS employees on how to cope with being at home all the time. For me, I'm maintaining a sense of normalcy by staying on track with my diet and exercise routine. What are you doing to maintain your routine? #StayHomeTN



Wellness Council Spotlights

Keep up the great work and please continue to share all of your successes and photos with us – including tagging us on your department’s social media!



facebook.com/WFHTN

To tag, use @WFHTN



twitter.com/WFHTN

To tag, use @WFHTN



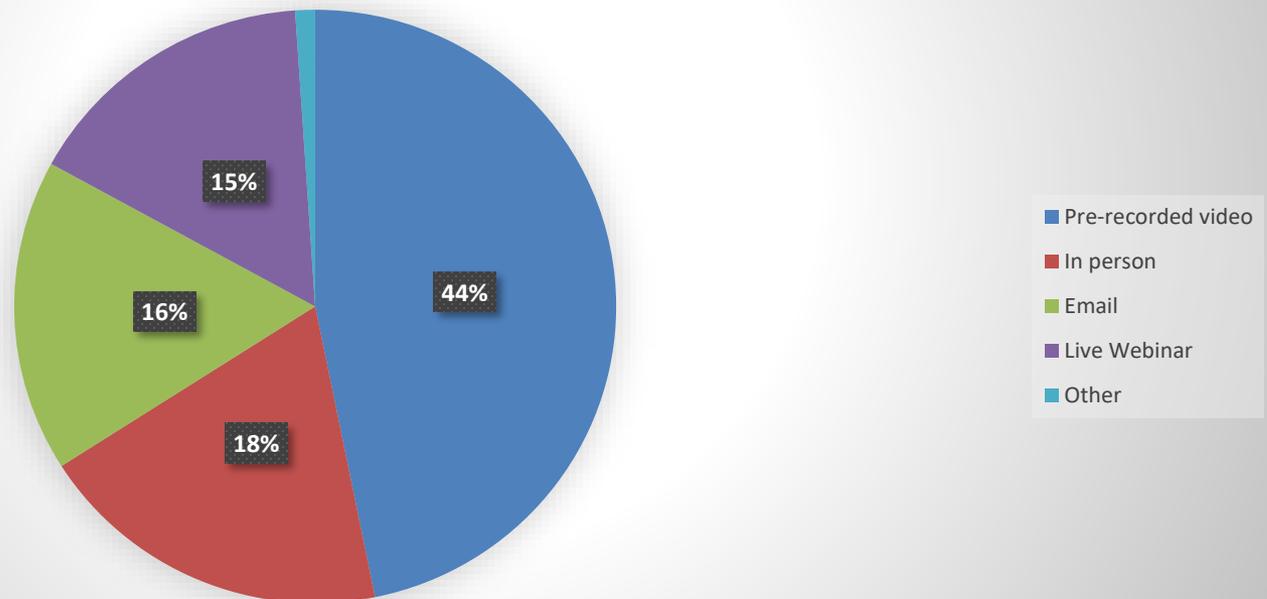
instagram.com/workingforahealthiertn

To tag, use @workingforahealthiertn

Results of March Poll Question

March Poll Question
How do you prefer to learn about health and wellness-related info?

200 Responses/12 Departments



Gathering Feedback

- **We want to hear from YOU!**
 - What do **you** want to gain from these monthly webinars?

May Holidays & Health Observances

- [Food Allergy Awareness Month](#)
- [Arthritis Awareness Month](#)
- [Better Sleep Month](#)
- [Healthy Vision Month](#)
- [Mental Health Month](#)
- [National Salad Month](#)
- [International No Diet Day](#) (May 6th)
- [World No Tobacco Day](#) (May 31st)
- [High Blood Pressure Education Month](#)

Top 6 Tournament

- **Departments still competing**

Division B	Agriculture; Intellectual & Developmental Disabilities
Division C	General Services; Human Resources



Upcoming WFHTN Schedule

- **June Wellness Council Webinar**
 - Thursday, June 4th at 9 a.m. Central
- **Top 6 Tournament**
 - April 27th- May 22nd
- **May Activity Planner**
 - Due Friday, May 29th



Roll Call & Sharing



Questions



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